



NEW YORK INSTITUTE *of*
AROMATIC STUDIES

AROMATHERAPY | BOTANICAL BEAUTY | AROMATIC MEDICINE

The New York Institute of Aromatic Studies, Inc. offers an experience you won't find anywhere else—sensory, hands-on, lively, and intensely interactive. Our participants have the opportunity to see, smell, and touch the amazing power of plants in a fun environment they will love being a part of it.

NYIOAS is located in the East Village, a few blocks from Union Square. We host private events for groups of up to 16 people in our apothecary and classroom and offer our services at off-site events at a location of your choosing. Our aromatherapists require a simple set-up to make the experience fun and engaging for your group.

Why Aromatherapy?

Positive and Engaging on Every Level.

A Healing Science. Based on the molecular properties and behavior of essential oils, aromatherapy supports our innate ability to heal ourselves—making it a powerful ally in treating mind, body, and emotions. It has been practiced since the ancient Greeks used plants as a living pharmacopeia approximately 4,000 years ago to advance healing and transformation. Today, it's more supported and relevant than ever and is one of the fastest growing healing disciplines.

A Healing Art. The beauty of aromatherapy goes beyond its ability to promote health; it also promotes well-being. *When you unlock the full potential of plants, you unlock your own.* Essential oils can generate emotional responses and are used to create positive mood states, calm nerves, and generate a sense of euphoria—uplifting, inspiring, and grounding the mind and body.

Our Aromatherapy Team

Making learning a truly organic process.



Led by Amy Galper, the pioneering educator, entrepreneur, and advocate behind NYIOA. Our group of aromatherapists strive to create an immersive and transformative experience for your participants. All our aromatherapists are trained by NYIOA's master teachers and faculty and each brings their own unique blend of experiences, interests, and qualities. This allows us to match the best aromatherapist with your company and event.

Our staff of Certified Aromatherapists includes:

Amy Anthony / senior NYIOA teacher who has taught hundreds of students. Amy has extensive experience conducting workshops within the corporate setting.

Amandine Peters / senior NYIOA teacher and wellness advocate. Amandine has created and taught numerous aromatherapy workshops and educational experiences.

Katie McKay / yoga teacher and reiki practitioner with experience conducting workshops and wellness events in corporate and non-profit settings.

WORKSHOP OFFERINGS

How Essential Oils Can Help Your Team to...

Increase Productivity & Improve Focus.

The sweet smell of success! Interested in finding out what and how essential oils raise levels of norepinephrine, a brain chemical linked to executive decision-making and motivation? In this immersive workshop, we'll dive into the essential oils that provide an instant boost in productivity and focus. From relaxing an overactive mind, to improving memory retention and clarity of thought, participants will explore what oils make us laser-sharp.

Reduce Stress.

Looking to banish stress and anxiety the natural way? Take action to relieve stress for good health and well-being and learn what essential oils immediately induce the feeling of peace and relaxation, bringing a sense of calm to whatever challenges you might face. In this hands-on experiential workshop, participants will learn and explore how the simple act of smelling can reduce our stress and promote mind-body healing.

Expand Creativity.

Have the desire to create, but experiencing that all-too-familiar writer's block? Aromatherapy can help get the creative juices flowing and increase clarity and vision. Even Leonardo da Vinci is thought to have used them to induce inspiration! In this applied workshop, learn what essential oils stimulate the brain and enhance relaxation and positivity to conjure a mental environment where imagination can flourish.

Sleep Better.

Not getting enough shut-eye and feeling even more tired in the morning? Sleep deprivation can lead to a host of issues such as a weakened immune system, cognitive impairment, increased risk of accidents, and poor work performance. In this workshop, learn which essential oils can help get you back to feeling energized and refreshed from a great night's sleep, so you can tackle that big project or presentation as a renewed you!

1-HOUR WORKSHOP FORMAT

45-minute Presentation

Workshops begin with a brief introduction to the concepts of Aromatherapy as a complementary and alternative healing modality, and invite participants to discover how a holistic encounter with their sense of smell can support living healthier and more balanced lives

Sharing of 5 Essential Oils

Five essential oils will be passed around to sniff and discuss - integrating both research-based scientific studies and art to deepen our understanding of how Aromatherapy actually works.

Optional: 15-minute Lab. Participants may blend a remedy

For those interested, participants can create their own blends after the presentation, at a table set up for easy blending.

Workshops can be altered based on the needs and strategies of your company or organization.

PRICING & CONTACT

Workshops fees range from \$600- \$3,600 per day commensurate with teacher and program length, plus a minimum \$10 per person materials fee for custom blend sessions. Workshop and event fees are based on a number of factors, including the selected aromatherapist, number of participants, chosen format, and location.

Contact Amy at amy@aromaticstudies.com to create a tailored aromatherapy event for your group.